

Inside THE CUPBOARD

**THE LENDING
CUPBOARD™**
We lend Medical Equipment.

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Volunteers receive Mayor's
Recognition Award - Page 3



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BUILDING COMMUNITY CONNECTIONS AND RAISING AWARENESS

We love getting out of the office and connecting with folks in our community.

We do this largely through participating in various events such as trade shows and information fairs or tapping into fundraising opportunities such as selling programs at the Canadian Finals Rodeo or raffle tickets on behalf of the Rotary Club during Westerner Days.

These activities offer a great opportunity to bolster awareness about what our organization is all about.

Recently, staff members attended the Senior's Information Fair at the Golden Circle. Many people stopped by the table to chat and share their stories about how TLC had assisted in the past. Or they stopped by to ask for more information about us – so it was an encouraging time to hear such positive feedback, but also an important time to share our vision

with so many, said Kristin Mountain, TLC's Marketing & Fund Development Coordinator.

"It's all about getting more connected to our community," she said. We will also be attending the Penhold Discovery Night on Aug. 22.

It's a part of our goal of building awareness in our communities and regions beyond Red Deer of everything we offer here at TLC.

"We want to get out more, whether it's as a staff or with our volunteers to help support other communities and businesses and to raise more awareness about what we do," she said.

"These events also open doors for us to get out and chat with those who maybe haven't used our services before," she said. "Of course, it's great to talk to people who come through our doors and to build those connections, but it's also great to create awareness

that you can borrow medical equipment – you don't have to buy it."

Mountain also emphasized that attending events like these helps us reach various ages in our communities. "It lets younger families know that we don't just support seniors; we support all ages.

"You are going to see us more out in the community. We would love to chat and hear your story!"



FEELING THE LOVE THIS SPRING

We are incredibly grateful to Associated Canadian Travellers/UCT and Careica Health for their generous donations to The Lending Cupboard™. We truly appreciate their support, as it will have a tremendous impact on the individuals we assist. Associated Canadian Travellers/UCT and Careica Health, we sincerely thank you for your unwavering dedication and collaboration in creating a positive change within our community!



Canadian Travellers/UCT



Careica Health

TLC VOLUNTEERING COUPLE RECIPIENTS OF MAYOR'S RECOGNITION AWARD

"I'm thankful and humbled," said Steve, adding with a laugh that it's not the reason they serve. "But it is nice to be recognized!"

Lorraine agreed. "I was surprised! I do this because I love it. I didn't expect any special recognition for it, but I do feel honoured!"

The couple signed up with us about six years ago.

For Steve, a passion for volunteering was sparked early on. His dad took great joy in serving the community; that priority wasn't lost on Steve. "My Dad was one of those guys who was just really likable – he always was volunteering somewhere in some way."

In time, Steve grew to discover the rewards of volunteering, too. "In my 20s, I joined the Kinsmen Club, and it just grew from there." Later, he explained that he was part of the Shriners, an arm of the Masons that really taps into community service.

"They say that the Shriners are the 'fun part' of Masonry," he added with a laugh, pointing out how members get to march in parades, play in bands and such, plus make those special connections with so many local organizations.

After settling in Red Deer, they were eager to get involved.

"We happened to see an ad for The Lending Cupboard™ in the paper, and we thought, 'What in the world is a lending cupboard'"

he recalled. "It sounded interesting!" They signed up to help clean equipment and have really enjoyed the flexibility, the fun – and the fulfillment – that comes with being part of our dedicated team.

"There is that feeling of doing good for somebody," said Steve, adding that they really enjoy those 'good news' stories when folks bring back the equipment they no longer need and express their gratitude for the service.

Lorraine pointed out that the other volunteers and the staff also make volunteering at TLC that much more pleasant. She also loves chatting with clients about what has brought them to us. "It's been really enjoyable."

Meanwhile, Steve has an encouraging message for those looking to volunteer but are hesitating. "It's like anything else

– just give it a try. You don't know how it will be until you try it."

Plus, it's a happy set of people to be surrounded by from shift to shift. "People are here because they want to be here."

For Lorraine, she recalls that when she and Steve retired, they knew they had to retire 'to something.'

"I find I can give back to the community," she said. "When I see these people come in after surgery, for example, they are so thankful. A lot of people can't afford to buy this equipment. Others also donate it to us, so they are 'paying it forward'," she said.

Ultimately, there is camaraderie amongst our amazing team. "It's a fun group. You become like a family. You enjoy coming here because you know you are amongst friends."



EXPLORING RED DEER'S TRAIL SYSTEMS



Did you know that Red Deer boasts a vibrant trail system that offers outdoor enthusiasts plenty of opportunities for hiking, biking, and leisurely walks? Whether you are a seasoned athlete or just seeking a scenic escape from the hustle and bustle of city life, Red Deer's trails provide the perfect setting for exercise, relaxation, and exploration.

One of the most popular trails in Red Deer is the Waskasoo Park Trail, a 37-kilometre network of walkways that meanders through the city's picturesque parkland areas. A favourite among cyclists and joggers, the trail takes users through various natural habitats, including wetlands, forests, and grasslands. Wildlife spotting opportunities abound, with frequent sightings of deer, coyotes, and bird species.

Another popular trail system in Red Deer is Bower Ponds, a beautiful urban oasis with a network of paved and natural trails that loom around the picturesque ponds. In addition to offering excellent walking and cycling opportunities, Bower

Ponds is also a popular spot for picnicking, fishing, and canoeing.

The Gaetz Lakes Sanctuary and Heritage Ranch Trail System offer calm, flat terrain and stunning scenery for those seeking a more leisurely stroll or bike ride. The Gaetz Lakes Sanctuary is a serene wetland environment that is home to a variety of bird species. At the same time, the Heritage Ranch Trail System winds its way through scenic farmland and is dotted with historic buildings from the region's ranching past.

Overall, Red Deer's trail systems offer something for everyone, from novice walkers to seasoned hikers and cyclists. With many trails and a breathtaking natural setting, Red Deer is the perfect spot to get outside, enjoy the fresh air, and explore the great outdoors.

At The Lending Cupboard™, we know that staying active and enjoying the outdoors is essential for physical and mental well-being. That is why we provide a range of mobility aids and equipment that allow people to explore Red Deer's trail systems safely and comfortably.

With various walkers, canes, wheelchairs, and other necessary equipment available for borrowing, we ensure that everyone has access to the trails regardless of mobility level. Our goal is to make it easier for people to get outside, get moving, and experience the natural beauty of Red Deer. So, if you need mobility equipment to enjoy the trails, call us, and we will do our best to help you.



OUR **TRAILRIDER** MAKES OUTDOOR ADVENTURES ACCESSIBLE

Enjoy the great outdoors with a slick and convenient TrailRider!

Summer, with its endless array of opportunities that make being outside so much fun, is here. At TLC, we love providing medical equipment to help folks get out and enjoy all this splendid season offers.

One piece of equipment that many might not be aware of is a TrailRider, described as a unique mobility device that offers amazing accessibility to wilderness areas, according to the B.C. Mobility Opportunities Society.

Two people help to ‘power’ the device, enabling a person with a physical disability to participate in hikes and excursions – enjoying

the wonders of nature as part of an inclusive and supportive team.

The advantages are striking – the TrailRider can easily navigate narrow trails, travel over rocks and roots without tipping side-to-side, stay level on side-slopes, and the soft tires roll smoothly over terrain.

They are used worldwide and in the most exotic locales, from helping people explore the wonders of the Grand Canyon to topping the summit of Mt. Kilimanjaro and even reaching Everest Base Camp and many other remarkable parts of the world.

They have also opened up many sprawling parks and trails in dozens of communities here at home – which can be just as

inaccessible when you have a disability.

According to Alberta Parks, “Everyone needs time in nature! A TrailRider is comfortable for the rider and simple to operate.”

If you would like more information about our TrailRider, give us a call at 403-356-1678 or email contact@lendingcupboard.ca

NUMBER NUGGETS

April - June 2023



3,618 Clients Served

4,428 Equipment on Loan

4,005 Equipment Returns

484 Equipment Donated

196 Recycled

BOLSTERING AWARENESS ABOUT ACCESSIBILITY

There is nothing quite like joining other non-profits to fuel momentum for a remarkable change in a community.

The Lending Cupboard™ supports the Lacombe-based Team Jigger Foundation for the 'Chair Aware' event each spring. Team members sign up to experience two to three hours in a wheelchair and are encouraged to attempt everyday activities, such as fueling their vehicle, grocery shopping, or grabbing a quick coffee. It is quite an eye-opener to how tough it can be to navigate the comings and goings of daily life.

It's a superb fundraiser but also a tremendous means of bolstering awareness, explained the Foundation's founder Jason Lunn, adding that TLC has been a solid supporter from day one. "I come and pick up the chairs from you guys – it has been a great partnership, and hopefully, we can expand it and make it even bigger next year! I think we can branch it out and make it bigger," he said.

This year, we at TLC lent out 20 wheelchairs for use in Chair Aware, and Lunn said that goes a long way to helping bring the issue of greater accessibility to the forefront.

It's certainly timely, too. "It just so happens that this is National Physiotherapy Month, and this week is National AccessAbility Week!" Meanwhile, Chair Aware is, as noted, all about creating awareness about the daily challenges faced by those with mobility issues. But it is also about



building a more inclusive community, he said.

The participant feedback is always consistent – they are shocked at the barriers, hurdles, and inconveniences they have never endured as an able-bodied person, he said.

Simple tasks, such as crossing the street onto a sidewalk, shopping for groceries, or entering their place of work, may present a new level of complexity that would otherwise go unnoticed. "While taking part, they see all the accessibility issues– for those with walkers and canes, too. People with all these mobility issues face the same things, like heavy doors and curb cut-outs." Even automatic doors that open with a simple button press can present challenges.

"First of all, not everybody has a push-button door. And with a manual chair, you hit the button, and then you must get through the door before it closes," he explained.

"If you put the button four feet away, by the time the person pushes the button and then starts heading to the door, the door will be shutting," he said. "Me being in a power chair, I can drive with one hand and use the other to open it. But if you are in a manual chair, you need both hands!

"It's the same thing for someone in a walker – if they take their one hand off of the walker to open the door, and they need that walker for mobility issues, they could fall." Lunn also pointed out how the emphasis is on making Chair Aware a fun event. "I started it all as an awareness event, and I thought, let's have some fun with



"We can do great things alone, but we can do amazing things together."

- Jason Lunn



ABILITY WITH THE TEAM JIGGER FOUNDATION

it and get everyone to experience this. And at the same time, we can raise a bit of money, too," he said.

"If you present this all positively, things get done." Present accessibility issues negatively, and progress can grind to a halt. A lot of businesses out there have made these changes because it was presented to them in a positive way."

Confined to a chair himself after a high-speed collision in 2011 that resulted in a STARS Air Ambulance ride and months of recovery, Lunn founded the Team Jigger Foundation to provide needed resources and fill the gap between injury and rehabilitation.



Why volunteer?

"I love it here! It's the people, being able to do something for others. The gratitude that we get for helping them is amazing."

Edi

GARRY & GLENDA'S STORY

For our clients Garry and Glenda, being able to borrow medical equipment will make a profound difference in their lives.

They were in recently to pick up a rollator to help Glenda with her mobility.

"Glenda has always been a walker – she has always loved to walk," said Garry. "I thought this is a really good way of helping her stay active. She used to walk one to three km each day – every single day.

Glenda has been diagnosed with frontotemporal degeneration (FTD). According to the Association for Frontotemporal Degeneration, the condition represents a group of brain disorders caused by

degeneration of the brain's frontal and/or temporal lobes. The progression of symptoms - in behavior, language, and/or movement - varies from person to person, but FTD will ultimately bring a decline in functioning.

Glenda also cannot speak any longer, so Garry is her voice as they navigate the immense challenges of this condition together.

"She used to be a bookkeeper/accountant with our business, and she also ran a day home," he explained, reflecting on how active his wife once was.

With the diagnosis, gradual limitations have come, but Garry is determined to assist his wife in every way he can. He said that

staying as active as possible is a key part of that.

Gerry said he was completely impressed with the borrowing process here at TLC.

"I loved it – it's absolutely fantastic in here! You guys have a really good stock of things. I tell you – I'm totally blown away! I didn't even know this place existed."

Garry said the TLC visit would impact the next chapter of the couple's lives.

"Staying active is absolutely paramount," he explained. "Glenda has always been a mobile person – she's always been 'go, go, go'."

A SUMMER OF IMPACT & GRATITUDE

As another summer is nearing an end, it's essential to reflect on the impact The Lending Cupboard™ has had on our community. This organization has touched the lives of many individuals and families in need, providing the resources and support necessary to thrive in their homes and communities. It is providing them with medical equipment and daily living aids when needed. Whether that is for recovering from an injury or surgery, increasing their mobility, aging in place or end-of-life care, we are grateful that we are a part of our communities to provide this unique service.

In the last quarter (April to June), TLC assisted over 3,600 clients and processed over 9,000 pieces of equipment! To our community, volunteers, and staff, thank you for helping to make this happen.

One of the most beautiful aspects of The Lending Cupboard's work is how it brings people together. Volunteers, staff, our Board of Directors, and community supporters work tirelessly to ensure that those in our community have the help they need. And the impact of this work is truly immeasurable. On July 8th, we took some time to celebrate



our incredible volunteer team with our annual Volunteer BBQ! It was a time to say "thank you" and acknowledge their dedication and commitment. Some members of our team have been with us for over 15 years!

As we reflect on the impact of The Lending Cupboard™ this summer, let's take a moment to share stories of gratitude. Whether you've personally benefited from the organization's services or have witnessed its impact on someone else's life, we want to hear from you. Sharing our stories can inspire others to participate and make a difference in their communities.

So, if you have a story to share, please contact us. We would love to hear from you and feature your story in our upcoming newsletter. Let's celebrate the magic of summer memories and the incredible impact of The Lending Cupboard™ together.

Thank you to everyone that continues to support our work. This summer, I have met many people and heard stories of gratitude in our community. Thank you for sharing – they are appreciated!

Until next time and with much gratitude,

A handwritten signature in black ink that reads "L. Shatto".

Lori Shatto, CFRE
Executive Director



DOUBLE BUTTERSCOTCH COCONUT CAKE

INGREDIENTS:

- 1 package yellow cake mix
- 1 package instant butterscotch pudding mix
- 4 large eggs
- 1 cup canned coconut milk
- 1/4 cup canola oil
- 1 cup sweetened shredded coconut
- 1/2 cup butterscotch chips

Glaze:

- 1/2 cup butterscotch chips
- 2 tablespoons heavy whipping cream
- 1/3 cup sweetened shredded coconut, toasted

DIRECTIONS:

Preheat oven to 350°. Grease and flour a 10-in. fluted tube pan.

In a large bowl, combine cake mix, pudding mix, eggs, coconut milk and oil; beat on low speed 30 seconds. Beat on medium speed 2 minutes. Stir in coconut and butterscotch chips. Transfer batter to prepared pan.

Bake until a toothpick inserted in the center comes out clean, 40-45 minutes. Cool in pan 10 minutes before removing to a wire rack to cool completely. For glaze, in a microwave, melt butterscotch chips and cream; stir until smooth. Drizzle over cake; sprinkle with coconut.